

# Liverpool Mind Body Spirit Event

**6TH & 7TH JULY 2024**

## Event Guide

10AM - 5PM

AINTREE RACECOURSE, ORMSKIRK ROAD,  
AINTREE, LIVERPOOL, L9 5AS



### ADMISSION

ADULT 1 DAY £6.00 2 DAY £11.00

CONCESSION 1 DAY £5.00 2 DAY £9.00

ACCOMPANIED CHILDREN UNDER 16 FREE

- Psychics
- Crystals
- Books
- Mediums
- Spiritual Art
- Pagan Goods
- Complementary Therapies
- Herbal Tea
- Tarot Card Readings
- Jewellery
- Essential Oils
- Handcrafted Spiritual Gifts
- Shamanic Goods
- Witchy Emporium
- Sound Bath
- Candles
- Tarot Cards
- Reflexology
- Supplements

[WWW.WHITELIGHTEVENTS.CO.UK](http://WWW.WHITELIGHTEVENTS.CO.UK)



# Welcome to Aintree Mind Body Spirit Festival

We are pleased to introduce you to the Aintree Mind Body Spirit Festival.

We have over 60 amazing exhibitors filling the exhibition hall, coming from across the UK, providing crystals to singing bowls, tarot readings to healthy feet! Whatever it is you're in need of, we have you covered.

With 2 areas hosting over 20 workshops and talks across the weekend you're simply spoilt for choice.

Both areas are air conditioned and able to host 140 visitors at any time, its a fantastic addition to the Festival.

With over 20 talks across the weekend, offering Crystal Protection, Self care, Mediumship, Therapies and much more, there is something for everyone. Talks are included in the entry price. Simply turn up at your chosen talk time.

Refreshments are available from within the venue.

We can not wait to welcome you @ Aintree

Wendy, Dave & the White Light Team

## Tickets

Adult : £6.00      Adult Weekend : £11.00

Concession : £5.00      Concession  
Weekend : £9.00

Blue Light, NHS, Armed forces, Disabled, OAP,  
Unemployed, Students, Carers etc...

Under 16 yrs free entry with a paying Adult

## Open Hours

Open 10am - 5pm  
Both Days

## Finding Us

Aintree Race Course  
Ormskirk Road  
Aintree  
L9 5AS

5mins walk from Aintree  
Train & Bus station

# Saturday 6th July

## Zone A



### **10.30am – Tavi, The Hemp Man – Exploring the Wellness Frontier**

In our quest for optimal health and wellbeing, we often look beyond conventional medicine, exploring the realm of natural supplements. This talk delves into three intriguing options: CBD, medicinal mushrooms, and Shilajit, each offering unique benefits for a holistic approach to wellness.

### **11.30am – Adele's Crystals – Protection with Crystals**

We are going to talk about 2 crystals we can use to protect ourselves from negativity of the world around us, how they help ground and focus our energy so we can stay protected. We shall also be holding a manifestation using the crystals within the talk as well.

### **12.30pm – Sophie Fox – Key Life Changing Transmissions from Kaia Ra & alignment with 6 directional Angels**

Sophie will lead you into a relaxing meditation which allows you to feel held within the comfort of the Archangels, as you embody the wisdom of the Female Ascended Masters.

### **13.30pm – Peter Loy – The Tarot Key, Unlocking the mystery of the tarot deck**

In this workshop Peter will share with you, the key to successfully and rapidly learning all seventy-eight cards of the traditional Tarot deck, unlocking the secrets they hold, and opening the door to intuitive readings.

### **14.30pm – Helen Scott – Super Nature**

Join Helen as she takes you on a Journey through the Super Nature Essences. A healing meditation journey experiencing the vibrations of the Super Nature Essence Space and Aura Sprays.

### **15.30pm – Andrew Harby – Who are we? What are we?**

Are we just avatars on this planet or are we so much more to us. Come and see how we are connected to the universe through the stars the planets the vibration that surrounds us learn how unique we are how we are holograms and we are just walking data of our being-ness. so who are we really.

### **16.15pm – Simon Goodfellow – Demonstration of Mediumship**

Simon works very differently from other Mediums, whereby he works with Spirit and will meet and greet the Spirit, standing beside their loved one or friend, and then he will pass on the message that has been given to him.

# Saturday 6th July

## Zone B



### **10.45am – Dave Green – Psychic Tools – Empowering your intuition**

Most people have natural spiritual or psychic ability – it is part of the subconscious protection system we all have, but not everyone is good at tuning into or trusting it! In this talk we shall explore the different terminology and tools that relate to these gifts and ways to focus and make use of them and trust yourself more. I shall give you some simple exercises and techniques to help you to help yourself – and will be offering a FREE online course to anyone who attends. Break out of your rut and trust your gut :)

### **11.45am – Svahj Wellbeing – The importance of physical and spiritual health**

Living in a world of unprecedented conflict and change we are faced with questions around all aspects of our existence. People of the day are in a state of distress both within and from the outer world. We are facing challenges in our relationships, our health and our environment. Old structures in society are crumbling and a new paradigm is emerging. People are waking up to the realisation that there is very little lasting comfort from their external environment and are turning within to look for peace and contentment bringing about an awakening and acceptance of ancient knowledge and spiritual powers. Learn how we help you benefit from physical and spiritual harmony to gain optimal wellbeing through our Alternative Therapies and the Mystical powers of a supernatural human. Join us for a magical experience and benefit from the energy in the room.

### **12.45pm – Mel Foot – Essential Oils, Natures Natural Healers**

Essential Oils have been around for thousands of years so why don't people understand what they are and what uses they have in our daily lives. In my talk I will explain the uses of Essential Oils, the Do's and Dont's, and how they have helped me overcome my issues plus which oils help with mental health, anxiety, depression sleep and more. Find out what oils help with inflammation and pain and how best to use them. Essential Oils are becoming more popular as an alternative to mainstream drugs, especially since Covid. Most people who listen to my talk have felt the benefits of using Essential Oils so maybe you can to!

### **13.45pm – Debbie Webster – Art to Inspire**

Join Debbie for this unique insight in to her art and how she uses energies to produce her paintings. Debbie will use a bell to clear the energies of the room and the audience and then invite new energies in and use them to create a new painting in front of the audience. This is a demonstration not to be missed!

### **14.45pm – John Richardson – Activate the relaxation response**

In this talk John will show you how to activate The Relaxation Response to lower blood pressure and protect yourself from Heart attacks and Strokes... The product of constant stress. John himself has been a Stage Hypnotist and Holistic Hypnotherapist for many years, treating clients with Emotional, Anxiety, and Nervous Disorders: Fears Phobias and Panic Attacks... which are just a few of the symptoms that respond well to good hypnotherapy practice... and the importance of relaxation in our everyday life... along with his usual informative facts, anecdotes, and fun which accompany all his MBS talks

### **15.45pm – Stephanie King – Connecting With Your Higher Self**

Do you know how wonderful you are? Do you realise you have talents and gifts way beyond those you presently know? In this workshop we can help you fine tune your connection – not only with your own higher self but with those working through you unseen – helping, guiding and creating with you as your life unfolds.

As always in her talks, this session will be powerful – so ensure you eat before you come to keep yourself balanced and well.

# Sunday 7th July

## Zone A



### **10.30am – Peter Loy – The Tarot Key, Unlocking the mystery of the tarot deck**

In this workshop Peter will share with you, the key to successfully and rapidly learning all seventy-eight cards of the traditional Tarot deck, unlocking the secrets they hold, and opening the door to intuitive readings.

### **11.30am – Lisa Lochhead – Restoring the ancient Arts of the Feminine**

Join visionary artist, oracle creator and author Lisa Lochhead as she introduces you to the transformative power of engaging the cyclical with the support of her oracle system called Art of the Sacred Wheel.

Lisa shares about living in tune with the cyclical frequencies of nature and the return to Feminine Essence. Supporting you to consciously engage these cyclical Arts of the Feminine as a spiritual practice and helping you to align with the depths of your soul, to trust its voice and to rest into moving with the unseen beauty of the heart.

In this interactive talk, Lisa will be sharing transformational ways for deepening your connection to your soul voice.

### **12.30pm – Julia Cornelius – Crystal Pendulums**

Crystal Pendulums for divination, healing and alchemy. Release limitations and Anchor your Success with Pendulum Alchemy.

### **13.30pm – Buckso – (Energy Coach & Speaker) Diamond Star Quantum Healing**

Are you ready to embark on a new trans-formative, guided journey of healing and self discovery? Look no further! The Diamond Star Quantum Healing Group Session, led by Buckso, is here to take you towards a state of balance, harmony and inner radiance.

### **14.30pm – Svahj Wellbeing – The importance of physical and spiritual health**

Living in a world of unprecedented conflict and change we are faced with questions around all aspects of our existence. People of the day are in a state of distress both within and from the outer world. We are facing challenges in our relationships, our health and our environment. Old structures in society are crumbling and a new paradigm is emerging. People are waking up to the realisation that there is very little lasting comfort from their external environment and are turning within to look for peace and contentment bringing about anawakening and acceptance of ancient knowledge and spiritual powers. Learn how we help you benefit from physical and spiritual harmony to gain optimal wellbeing through our Alternative Therapies and the Mystical powers of a supernatural human. Join us for a magical experience and benefit from the energy in the room.

### **15.30pm – Alison Dean – Mediumship Demonstration**

Join Alison as she brings you an amazing display of mediumship. Listen in as she brings you messages from loved ones.

# Sunday 7th July

## Zone B



### **10.45am – Adele's Crystals – Crystals for confidence**

We all can suffer with our confidence, we're gonna talk about certain crystals which will help with our confidence and anxiety's from talking our truth to keeping our worry's at bay, we will also be doing a manifestation with some crystals as well

### **11.45am – Amazonite Griffin – Guided Meditation**

Mindfulness and meditation can help you build that intended relationship with transcend time. Cultivating a mindfulness practice can be difficult and a struggle sometimes, I can be that help to guide and support you, everything you need is within, sometimes we just need a little bit of help to be shown. Through guided meditation with a heart activation and mindfulness tips that can be put to practice straight away incorporating them into your day to day life.

### **12.45pm – Mel Foot – Essential Oils, Natures Natural Healers**

Essential Oils have been around for thousands of years so why don't people understand what they are and what uses they have in our daily lives. In my talk I will explain the uses of Essential Oils, the Do's and Dont's, and how they have helped me overcome my issues plus which oils help with mental health, anxiety, depression sleep and more. Find out what oils help with inflammation and pain and how best to use them. Essential Oils are becoming more popular as an alternative to mainstream drugs, especially since Covid. Most people who listen to my talk have felt the benefits of using Essential Oils so maybe you can to!

### **13.45pm – John Richardson – Activate the relaxation response**

In this talk John will show you how to activate The Relaxation Response to lower blood pressure and protect yourself from Heart attacks and Strokes... The product of constant stress. John himself has been a Stage Hypnotist and Holistic Hypnotherapist for many years, treating clients with Emotional, Anxiety, and Nervous Disorders: Fears Phobias and Panic Attacks... which are just a few of the symptoms that respond well to good hypnotherapy practice... and the importance of relaxation in our everyday life... along with his usual informative facts, anecdotes, and fun which accompany all his MBS talks

### **14.45pm – Sophie Fox – Key Life Changing Transmissions from Kaia Ra & alignment with 6 directional Angels**

Sophie will lead you into a relaxing mediation which allows you to feel held within the comfort of the Archangels, as you the embody the wisdom of the Female Ascended Masters.

### **15.45pm – Stephanie King – Connecting With Your Higher Self**

Do you know how wonderful you are? Do you realise you have talents and gifts way beyond those you presently know? In this workshop we can help you fine tune your connection – not only with your own higher self but with those working through you unseen – helping, guiding and creating with you as your life unfolds. As always in her talks, this session will be powerful – so ensure you eat before you come to keep yourself balanced and well.

# Liverpool Mind Body Spirit Event

**16TH & 17TH NOVEMBER 2024**

10AM - 5PM

AINTREE RACECOURSE, ORMSKIRK ROAD,  
AINTREE, LIVERPOOL, L9 5AS



## ADMISSION

ADULT 1 DAY £6.00 2 DAY £11.00

CONCESSION 1 DAY £5.00 2 DAY £9.00

ACCOMPANIED CHILDREN UNDER 16 FREE

- Psychics
- Crystals
- Books
- Mediums
- Spiritual Art
- Pagan Goods
- Complementary Therapies
- Herbal Tea
- Tarot Card Readings
- Jewellery
- Essential Oils
- Handcrafted Spiritual Gifts
- Shamanic Goods
- Witchy Emporium
- Sound Bath
- Candles
- Tarot Cards
- Reflexology
- Supplements

[WWW.WHITELIGHTEVENTS.CO.UK](http://WWW.WHITELIGHTEVENTS.CO.UK)

| 28 | 29 |  
SAT | SUN |

Concorde Conference Centre  
Wilmslow Old Road  
Altrincham  
WA15 8XQ

September  
10am - 5pm

# Manchester Mind Body Spirit Festival

Over 100 Exhibitors - Talks & Workshops All Weekend  
Refreshments - Free Parking  
Vegan & Vegetarian Catering

[www.whitelightevents.co.uk](http://www.whitelightevents.co.uk)

- Psychics
- Crystals
- Books
- Mediums
- Spiritual Art
- Pagan Goods
- Complementary Therapists
- CBD
- Holistic Therapies
- Tarot Card Readings
- Jewellery
- Essential Oils
- Handcrafted Spiritual Gifts
- Witchy Emporium
- Shamanic
- Sound Bath
- Candles
- Tarot Cards

**£8 Admission**



CONCORDE  
CONFERENCE  
CENTRE

